



## **Take PATH, Improve Your Health, Improve Your Life**

Learning to manage our health is a big part of living well. During our life we experience different stages of health and need to cope with various illnesses, diseases and ongoing health conditions. We need different skills and tools at different times to find the right path to good health.

PATH (Personal Action Toward Health) workshop provides you with these tools. The workshop is held for six sessions with each session running for 2.5 hours. The class is lead by two trained leaders with one or both having an ongoing health condition. A snack is provided each week. Examples of ongoing health conditions are arthritis, asthma, cancer, COPD, diabetes, heart conditions, hypertension, paralysis, Parkinson's disease and many others.

Participants in the PATH class will learn to:

- deal with challenges of not feeling well
- how to talk with family and healthcare providers
- overcome stress and relax
- handle everyday activities more easily
- increase your energy
- stay independent

**Our Savior Lutheran Church**

**7910 E. St. Joseph Highway**

**Board Room, 1:30 - 4:30 p.m.**

**Monday, April 4 - May 9, 2011**

**Snack provided each session.**

**FREE TO ALL ATTENDING**

**Contact Gloria Kovnot at 517-627-2745 or  
Email: [songlo2@frontier.com](mailto:songlo2@frontier.com) for information on  
Workshop and registration**